

Statistics Report 09288, Prunes, canned, heavy syrup pack, solids and liquids

Report Date: October 16, 2015 20:59 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 70.67 | -- | 0.250 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Energy | kcal | 105 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Energy | kJ | 439 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2014 |
| Protein | g | 0.87 | -- | 0.016 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Total lipid (fat) | g | 0.20 | -- | 0.010 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Ash | g | 0.46 | -- | 0.011 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Carbohydrate, by difference | g | 27.80 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Fiber, total dietary | g | 3.8 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 17 | -- | 0.391 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Iron, Fe | mg | 0.41 | -- | 0.026 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Magnesium, Mg | mg | 15 | -- | 0.398 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|------------------|
| Phosphorus, P | mg | 26 | -- | 0.470 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Potassium, K | mg | 226 | -- | 5.121 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Sodium, Na | mg | 3 | -- | 0.532 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Zinc, Zn | mg | 0.19 | -- | 0.005 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Copper, Cu | mg | 0.118 | -- | 0.005 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Manganese, Mn | mg | 0.098 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.8 | -- | 0.184 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Thiamin | mg | 0.034 | -- | 0.001 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Riboflavin | mg | 0.122 | -- | 0.006 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Niacin | mg | 0.866 | -- | 0.036 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Pantothenic acid | mg | 0.100 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Vitamin B-6 | mg | 0.203 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Folate, total | μg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Folic acid | μg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2001 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Folate, food | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 08/1982 |
| Folate, DFE | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2001 |
| Vitamin B-12 | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |
| Vitamin A, RAE | µg | 40 | -- | 3.731 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 06/2002 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Vitamin A, IU | IU | 797 | -- | 74.628 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2008 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.016 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 16:0 | g | 0.013 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:0 | g | 0.003 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Fatty acids, total monounsaturated | g | 0.130 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 16:1 undifferentiated | g | 0.002 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| 18:1 undifferentiated | g | 0.128 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |
| Fatty acids, total polyunsaturated | g | 0.043 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 08/1982 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|------------------|
| 18:2 undifferentiated | g | 0.043 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or -- derived from analytical | -- | 08/1982 |
| Fatty acids, total trans | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2015 |
| Cholesterol | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 08/1982 |